

INSURANCE RESOURCES

**HOW DO I FIND A...
PSYCHIATRIST, THERAPIST, COUNSELOR OR MENTAL HEALTH CARE PROVIDER**

WHAT IS THE DIFFERENCE?
Visit our dictionary page to learn more.

**IS THE PERSON
COVERED
BY HEALTH
INSURANCE?**

**DON'T KNOW WHICH ONE
IS APPROPRIATE FOR YOUR
SITUATION?**
Call the Maine Crisis Hotline at 1-888-568-1112. They are trained to help you find the resources you need.



Keep in mind...

Even though a provider is listed as accepting new patients, this information is not always up to date on the insurance company's website. A phone call by you to the provider is recommended to verify the information. It can be discouraging to reach out for help only to discover that the doctor is not accepting new patients. Keep trying! It may take time, but eventually you will find a provider who can help.

**CONTACT THE INSURANCE
COMPANY FOR A LIST OF
PROVIDERS.**

This might help...

Most insurance companies have a website which lets you search for a provider. A list of the major insurance companies' websites in southern Maine are included here. It's helpful to have the insurance card or member number with you when you check the website or call the insurance company.

**TOO OVERWHELMED?
CALL FAMILY HOPE AT
207-396-4313.**

We will make a phone call on your behalf to help find a provider for you or your loved one.

This might help...

Your loved one may be eligible for MaineCare even if they have private insurance. To find out if your loved one may be eligible, visit Maine's Department of Health and Human Services website at Maine.gov/dhhs.

IMPORTANT!
**SOME INSURANCE
COMPANIES REQUIRE
PREAUTHORIZATION FOR
MENTAL HEALTH CARE.**
**PLEASE MAKE SURE TO
CONTACT THE INSURANCE
COMPANY FOR MORE
INFORMATION.**



**STILL HAVE QUESTIONS? GIVE
US A CALL AT
207-396-4313**